

Leadership Team

Amanda Roby Executive Director

Erin Baumann Business Office Manager

Lindsie Beer Wellness Director

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Rita Frazier Life Enrichment Director

Kayla Butler Dining Services Director

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Melissa Hill Community Relations Director

Jared Johnson
Plant Operations Director



Monday February 17th



Prang's Valentine Cards.
Print by L. Prang & Co., copyrighted 1883. http://hdl.loc.gov/loc.pnp/ppmsca.09465

In honor of Valentine's Day, here is a vintage 1883 advertisement for Prang's Valentine Cards which shows a woman holding a group of tethered cherubs, who float like a bunch of balloons above her head. The advertisement also shows that the sale of Valentine's greetings has been of commercial importance for well over a century. Second only to the exchange of Christmas cards, Valentine's Day is a busy one for the postman as well as for Cupid.

Honor Black History

February is Black History Month, a time to celebrate Black Americans and learn more about their accomplishments. From historical abolitionists Frederick Douglass, Sojourner Truth, and Harriet Tubman to modern greats Langston Hughes, Oprah Winfrey, and Jean-Michel Basquiat, take time to read a biography of some of the great Black Americans who have made our country great.





Cookie Cravings

It's the weekend you've been waiting for all year: February 24–25 is Girl Scout Cookie Weekend! The iconic flavors are all back: Thin Mints, Samoas, Trefoils, Tagalongs, Do-si-dos, and Lemon-Ups. Two other popular options this season are Adventurefuls, a brownie-inspired cookie with caramel-flavored crème, and a gluten-free option, Toffee-tastic, a buttery cookie packed with toffee bits.

This year, the price of Girl Scout Cookies has increased slightly to six dollars a box, which reflects rising costs. Every dollar goes toward supporting programs that help build our next generation of female leaders. The Girl Scout Cookie program continues to teach Girl Scouts five key life skills: goal-setting, decision-making, money management, people skills, and business ethics. Plus, scouts grow in courage, confidence, and character. There's something extra sweet about enjoying these cookies while knowing you're supporting such an impactful program.

Wellness Reminder

Please notify staff at the front desk of all appointments. Staff will prepare paperwork for you to take to your doctor for review. We ask that you bring this back to the med tech after your appointment. This will help streamline your care and ensure that you're taking medications as directed.

Doctor Transport is <u>Tuesday</u> from Noon to 4:00pm & <u>Thursday</u> from 8:00am to Noon (sign-up required).

Life Enrichment Corner

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home."

- Edith Sitwell

Emerald Valley is like that home mentioned in the quote above. Even the staff here see this as their second home. If it hasn't started to feel like home yet, maybe it's time to get a little more curious about the people who live and work here, attend an event or activity, or just hang out in the lobby before a meal to begin to know those who are around you. We're a good group, and we want to know you better too!

-Rita



We aim to have fun whenever and wherever we can. Outings to the coast, A&W, bowling, and a paper plane championship are some of the things we did in January.



(Sign-up required for all outings)

Oregon Oldtime Fiddlers' Association Thursday, February 13th at 2pm

Outing: St. Vinnie's Sunday, February 16th at 1:30

Dance with Pani Monday, February 17th at 2:45

Harold & Annette Perform Tuesday, February 18th at 2pm

Sara Scofield, Vocalist Wednesday, February 19th at 2pm

FETCH Therapy Dog Visit Sunday, February 23th at 4pm

Lunch OutingWednesday, February 26th at 11:30

Friends & Family Buffet Thursday, February 27th at 5pm





Van Outings Policy



To assure effective time use and planning, **ALL** outings with the van to events, shopping, drives, etc. will require residents to sign up in advance.

Three residents are the minimum number of passengers for any outing, so if there are not at least 3 people interested in each outing, the event will be cancelled.



Good Friends Make Good Neighbors Program

From our elegantly appointed interior and beautifully maintained grounds to the exceptional healthcare programs and services provided by our professional stoff, residents who introduce Cascade Living Group's Living Well philosophy to their friends or family members could receive credit)s_ applied towards their rent.



FOR MORE INFORMATION, PLEASE CALL 541-345-9668

How it Works...

When a resident or family member refers a new potential resident to a Cascade Living Group community and that person moves in for at least 90 days, the referring resident will receive a \$2,500 credit, applied to their base rent.

In order to qualify as a new potential resident, the person being referred must not already be on our contact list.

To make a referral and to ensure you receive proper credit for making the introduction, please provide your name and the name of your friend or family member to our Executive Director or Director of Sales and Marketing prior to the inquiry of the tour.

INDEPENDENT LIVING | ASSISTED LIVING | MEMORY CARE



The Difference Between Living and Living Well 4550 W. Amazon Dr. Eugene, OR. 97405